



Name of Activity: Sugar for Breakfast
Purpose of Activity: To help students understand how easy it is to eat foods with added sugar at breakfast.
Suggested Grade Level: 6-12
Materials Needed: Any popular breakfast cereal, 2 cereal bowls, bigger bowl of white granulated sugar.

Description of Idea

As a demonstration of how easy it is to consume additional "hidden" empty calories, measure out **one serving** of a popular breakfast cereal (Usually 3/4 cup). Place the measured amount in a cereal bowl. Naturally, the amount of cereal is not that impressive. Next, ask for a volunteer who has had cereal for breakfast. Ask the student to pour the amount of cereal they had that morning into the bowl. The student usually pours 2 to 4 times the actual serving size. Ask the student, or members of the class, to estimate the number of calories in the bowl.

Determine the teaspoons of added sugar in the serving of cereal using the Nutrition Facts Label from the cereal box. Four grams equal one teaspoon of sugar. Measure this amount of white sugar into a different bowl. Clarify for students that this amount of sugar is what they are eating with their morning bowl of cereal. Emphasize limiting "added sugars" in the diet is one way to ensure excess calories are not consumed.

Variations:

To make this activity even more interesting, do the same calculations and comparisons by including such other breakfast items as toast (be sure to subtract the fiber), orange juice, biscuits, soft drinks or any other breakfast items that the students in the class mention.

